

Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



www.fairfaxcounty.gov/ncs

Operating Hours: Monday - Friday 9 a.m. to 4 p.m.

Phone: 703-339-7676, TTY 711

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

October 2016

Programs			
Program	When	Time	Description
Open Gym	Monday - Friday	9 a.m.	
Internet Café	Monday - Friday	9 a.m.	
Zumba Gold /Zumba Gold 2	Wednesday	9:15 a.m./1 p.m.	If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee.
Yoga	Tuesday & Thursday	9:15 a.m.	This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee.
Conversational French club	Wednesday	10:30 a.m.	
Conversational Spanish Club	Wednesday	11:30 a.m.	
Line Dancing Club	Monday	7 p.m.	
Intermediate Line Dancing	Friday	10:15 a.m.	Class fee
Jazzercise Lite	Monday	11:30 a.m.	This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility.
Tai Chi for first timers	Tuesday	Noon	
Beginner Integral Tai Chi	Thursday	10:30 a.m.	
Integral Tai Chi	Tuesday	2 p.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Tai Chi at KCAA & KL	Thursday	10:30 a.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Chair Jazzercise	Monday	10:30 a.m.	This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed.
Healthy Heart	Tuesday/Thursday	9:10 a.m.	At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended.
KGB Gamers' Club	Thursday	9 a.m.	
Scrabble Gamers Club	Thursday	2:30 p.m.	
Total body Workout	Monday	9:15 a.m.	Class fee.
Chair Yoga	Friday	11:15 a.m.	
Mahjong Club	Tuesday/Thursday	11:30 a.m./12:30 p.m.	Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.
Mat Pilates Core & More	Friday	9:15 a.m.	Class fee.
Sunshine Store Open	Friday	9 a.m.	All new or clean and in season garments are welcome as well as other household items in good condition.
Bingo	Friday	12:30 p.m.	Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee.
Chair & Beyond-Zumba Gold	Wednesday	10:30 a.m.	Class fee.
Beginner Balance and Strength	Tuesday	10:30 a.m.	
Advanced Balance and Strength	Tuesday	11:30 a.m.	This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included.
Yoga Flow	Monday	2 p.m.	
KCAA Jam Session	Wednesday	2 p.m.	informal jam sessions to sit back, dust that instrument off and play some informal music. Bring your own instrument.
Fit 4 Life	Tuesday	12:30 p.m.	
Ballroom Dancing	Wednesday	Noon	
Classes			
Class	When	Time	Description
FallProof series	Thursday	1 p.m.	
Conversational Italian	Tuesday	11 a.m.	
Intermediate Spanish Class	Monday	11:30 a.m.	
Art Class	Monday/Friday	12:30 p.m./1 p.m.	
Bridge Class	Friday	2:30 p.m.	
Open Bridge Play	Friday	1 p.m.	
One on One Computer tutoring	Wednesday	9 a.m.	
Conversational English class	Wednesday	12:30 p.m.	Registration required.

Classes			
Clubhouse Network	Monday	1 p.m.	
iClassiphone/iPad	Monday	9:30 a.m.	Registration required.
Beginner Belly Dancing	Thursday	2 p.m.	Class will be taught every Thursday starting on March 5 at 2:00 p.m. Use muscles you didn't know you had, and stretch in directions you don't normally go, strengthening, improving balance and having fun at the same time.
Meditation Class	Thursday	9:30 a.m.	
Acupressure/Tai Chi Class	Tuesday	1 p.m.	You must sign up in advance. At Kingstowne Library
Piano lessons	Tuesday/Friday	2:30 p.m.	
Open Painting	Thursday	12:15 p.m.	
New! Chess Club	Thursday	11 a.m.	
Painting class	Thursday	9 a.m./ 12:15 p.m.	our oil painting teacher, Marge Soper, will be presenting an art exhibit of her student's work complete with refreshments 'a la art gallery style. Kingstowne is definitely coming up in the world. Many, many thanks to our fantastic art teachers!!
Special Events/Trips			
Event/Trip	When	Time	Description
Walmart/Kohl's	10/5/2016	10:15 a.m.	Trip of necessity. Reservations required.
Springfield Plaza	10/12/2016	10:15 a.m.	Trip of necessity. Reservations required.
Target at Springfield	10/19/2016	10:15 a.m.	Trip of necessity. Reservations required.
Hibachi Grill	10/26/2016	9 a.m.	Trip. Reservations required
Charlottesville Fall Foliage Day Trip	10/18/2016	6:30 a.m.	Trip check in
Miller's Farm Trip	10/14/2016	11 a.m.	The cost for the trip is \$10 which includes your transportation, a free pumpkin, a hay ride and a shopping experience at Millers Farm. At Millers you can buy homemade pies, jams, jellies and others goodies. On the 17th, Anne Cox will demonstrate how to paint your pumpkin as well as provide the paints and brushes. The pumpkins are yours to take home after they have dried.
Flu Shots clinic	10/7/2016	10 a.m.	Registration required.
Book Club	10/12/2016	2 p.m.	
Halloween Social/Costume Contest	10/31/2016	10 a.m.	
Craft Fair set up	10/21/2016	3 p.m.	
Craft Fair	10/22/2016		We have a great assortment of handmade crafts and vendors to give you a head start on your holiday shopping. This year we have a very special treat. A silent auction will be held for an original oil painting done by one of our art teachers, Marge Soper. A wonderful bio of Marge is on display by the easel holding the picture for auction. An auction sheet is also available on the piano. The beginning bid for this oil painting is \$50.00 and the auction will close at 2:45 p.m. on the day of the craft fair, October 22.
Game Night w/ DJ	10/14 and	3:30 p.m.	Will now be held on the first AND third Friday nights of each month. The hours are 4 p.m. until 9 p.m. Everyone should bring a dish to share and a friend if you'd like, ready to have a great time. This is a great way to meet new members and introduce friends to the Center.
New! "Give a Stitch " outreach group	10/11 and 10/18	12:30 p.m.	A stitch in time can better lives! Join us on Tuesdays starting October 4 from 12-2 for our new charity knit and crochet group, "Give A Stitch." The first Tuesday of each month the session will be facilitated by advisers Michelle Khoury and Paula Davis. These ladies will provide information about which charities are looking for specific items and patterns that we can work on together. The classroom will be reserved on the remaining Tuesdays for self-guided stitching.
History Club	10/14 and 10/28	12:45 p.m.	You do not have to be a member of the center or join this program; however, you do have to be 18 years of age or older. All levels of knitters and crocheters are welcome
Blood pressure check	10/6/2016	Noon	
Caregiver's group	10/3/2016	2 p.m.	
FCFD speaker	10/11/2016	12:15 p.m.	The Fire Department is putting a great deal of emphasis on home safety for seniors. Please come with any questions you may have.
October Birthday Celebration	10/28/2016	Noon	
Community Meetings			
Meeting	When	Time	Description
KCAA- Art Group	10/6 and 10/14	7:30 p.m.	
KCAA Advisory Council	10/25/2016	2:30 p.m.	
Landsdowne Meeting HOA	10/12/2016	6 p.m.	